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## **SPOTLIGHT ON PD MEMBER PHIL DAVIDSON**



Phil Davidson is from Sheffield in the U.K.

He is 58 years old and married with three children, all boys. His major area of expertise is consciousness research.

Phil's initial start in life was nothing extraordinary, the eldest child of three children, living in a poor area of Manchester in the 1950s.

His early education was at a local school, which was one of the worst schools in the area. This would have been the end of the story but for the fact that the local council was implementing a redevelopment of the area and because of this, his family were rehoused.

On going to the new school, Phil performed extraordinarily well and came on leaps and bounds.

Phil started his working life, within an Information Technology department where he learnt his trade. Starting off as a junior programmer and eventually leading to Chief programmer which led to him to being in charge of a multimillion dollar technical installation. Phil moved around the work place and ended up in banking and it was whilst working in a banking environment that he had the opportunity to transfer to Hong Kong where he was very successful. He became head of IT in the banking department.

Phil's secret to his success, in his own words, "I could see solutions to technical problems when others couldn't". It got to the point where I could go to bed with a pressing problem and then, in the night; I would suddenly wake up with the answer.



Phil Davidson candidly!

This intrigued him, because it implied that some other part of him was working on the problem and coming up with solution, without him doing anything. Phil's introduction to consciousness research was purely by accident.

Whilst in Hong Kong, he was browsing through a book store, in the European quarter, when the store owner said, "I have just the book for you!" and duly gave him a copy of Bob Monroe's *Journeys Out of Body*. Fascinated by Bob's adventures he ordered the Gateway tapes. Phil tried all the exercises and felt the different states or focus levels. He recognized altered awareness and an expansive state of being. He grew to love Bob Monroe and his books and audios.

After ten years in Asia Pacific, Phil returned to the UK as a bank IT director. After a particularly eventful day (as Phil puts it) he just quit. In his words, "it was either quit or enter a permanent OBE state".

Phil left the IT industry and initially had no clue what to do. Then he remembered that he always wanted to study psychology but never got the chance. So, he went to the local University of Manchester and did an undergraduate course in Psychology. After he finished his degree he stayed on and did a PhD in Psychology. The subject of his PhD research was Mental imagery and imaginative consciousness. During his time at University Phil developed a number of psychological techniques that, ultimately, lead you to the OBE state.

Phil believes that OBEs, NDEs and lucid dreams are on a spectrum of an enhanced state of consciousness and are very closely related. As he says, all roads lead to Rome. These differing experiences are different aspects of consciousness, but ultimately, they are just differing aspects of the same thing.

Phil has spent ten years developing techniques that, ultimately, lead you to the OBE/LD state, however, the process is very labour intensive and is one on one.

To enhance the process and reduce the amount of time needed to enter these differing types of consciousness, Phil is developing EEG and bio feedback systems on Android and Apple devices, to help people experience these things first hand. The good thing about an electronic system is that you can run the system as many times as you want, targeting the required state. Not only that, these systems can alter their approach depending upon what state you are in because they are responding, in real time, to you. This makes them versatile and flexible.

Phil looks forward to going to TMI for the people and the environment there, which he loves.

Phillip Davidson is on the TMI Board of Advisors.